

LEARNING TO STOP SMOKING

WHILE IN THE HOSPITAL...

PROGRAM YOURSELF FOR SUCCESS WITH POSITIVE THOUGHTS.

- There is no need for me to smoke.
- I am in control of myself and my health.
- I choose not to smoke.
- My urges will go away whether I have a cigarette or not.
- I am not a slave to cigarettes.

PRACTICE BREATH WORK.

Take a deep breath in through your nose (if possible), hold it for 1 or 2 seconds, slowly breathe out through pursed lips of your mouth. Repeat several times. Realize how cleansing these breaths are to your lungs.

CALCULATE THE MONEY YOU ARE SAVING BY NOT SMOKING!

A pack of cigarettes cost about \$7.

CALCULATE THE TIME YOU ARE SAVING BY NOT SMOKING!

It takes about 6 minutes to smoke a cigarette.

TUNE IN TO CHANNEL 28 OR 29 FOR GUIDED RELAXATION TECHNIQUES.

CALL INTEGRATIVE MEDICINE FOR HELP AT (860) 714-4450!

We can offer relaxation techniques, smoking cessation counseling and other support to assist you with cravings and/or staying stopped.

BE PREPARED FOR SIGNS OF PROGRESS...

BAD TASTE IN MOUTH.

Your taste buds are waking up and can taste again. When you stop smoking, the plugs of mucus that have built up in your lungs are breaking up and coming up to your throat and mouth. This is normal and will pass.

COUGHING.

Your lungs are beginning to function effectively again – you are cleaning house! This is a good cough.

SLEEPINESS AND/OR SLEEPLESSNESS.

At first, your body misses the ups and downs of nicotine and needs to get used to not having this addictive drug.

EMOTIONAL SYMPTOMS OF PROGRESS.

Cigarettes are often used to stuff down or cover up feelings. Don't be alarmed if you become emotional now and then – you are strong and courageous. Call us if you need help.



GOOD REASONS FOR QUITTING

Quitting smoking is one of the most important things you will ever do:

- You will live longer and live better.
- Quitting will lower your chance of having a heart attack, stroke or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.

For more information on programs available to help you quit smoking, please call:

**1-877-STFRANCIS
(877-783-7262)**



Saint Francis Hospital
Trinity Health

YOU CAN QUIT SMOKING!

IMPORTANT HEALTH DECISIONS

More than one third of cancer deaths and countless cases of heart disease, breathing disorders and stroke are the result of smoking. No matter how much or how long you have smoked, you benefit from quitting: your risk of cancer, heart disease and other disorders is greatly reduced. Quitting smoking is hard, but thousands of people are able to stop by using a number of strategies. Some people are able to do it alone, and some need education or group support to be successful.

Talk to your doctor about what will work for you.

If you would like to register for a class or want more information, call HealthConnect at 1-877-STFRANCIS (877-783-7262).

PLAN TO QUIT

Saint Francis Hospital offers programs to assist you. You may want to join a class, use acupuncture or work individually with a hypnotist. Quitting smoking is one of the most important health decisions a person can make.

QUIT FOR GOOD

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

1. Get ready.
2. Get support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly.
5. Be prepared for relapse or difficult situation.

CHANGE HABITS

Learn New Skills and Behaviors

Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.

When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.

Do something to reduce your stress. Take a hot bath, exercise, or read a book.

Plan something enjoyable to do every day.

Drink a lot of water and other fluids.

Use healthy substitutes, like carrot sticks, celery sticks, or sugarless gum.

Reference: "You Can Quit Smoking" Consumer Guide, U.S. Department of Health and Human Services, June 2000



SMOKING CESSATION RESOURCES

SAINT FRANCIS HOSPITAL AND MEDICAL CENTER RESOURCES:

For more information on the following services available to help you quit smoking, please call 1-877-STFRANCIS (877-783-7262). Costs may be covered by insurance.

BREAK FREE FROM SMOKING PROGRAM

Have you tried a variety of ways of quitting smoking and not found long-term success? This service at Saint Francis Hospital uses the U.S. Surgeon General's "best practice" recommendations. This includes face-to-face counseling combined with supervised nicotine replacement therapy. Join others who have found success using the only method scientifically proven to improve your chances of quitting for good.

Interested participants should call 1-877-STFRANCIS (877-783-7262).

STOP SMOKING THROUGH HYPNOSIS

For decades, hypnosis has helped thousands of people successfully quit smoking and stay off smoking for life. Be a part of this seminar and change the way you feel about smoking for good!

Interested participants should call 1-877-STFRANCIS (877-783-7262).

QUIT SMOKING USING ACUPUNCTURE AND HYPNOSIS

Quitting smoking is never easy but can be done with the right support. A combination of acupuncture and hypnosis is an excellent approach to smoking cessation because it allows you to harness powerful internal resources, where and when you need them, to control the urge to smoke and to overcome your addiction to nicotine.

Interested participants should call 1-877-STFRANCIS (877-783-7262).

AURICULOTHERAPY FOR SMOKING CESSATION

Auriculotherapy (ear acupressure) can be used for smoking cessation to help curb cravings and ease the process of stopping smoking. Vaccaria seeds, or gold balls on tape, are placed on specific spots in the ear, using the treatment formula for smoking cessation. The seeds/balls are replaced weekly.

Interested participants should call 1-877-STFRANCIS (877-783-7262).

OTHER RESOURCES AVAILABLE:

You may also contact your Healthcare Insurer for information about Health and Wellness programs they offer.

FREEDOM FROM SMOKING[®] ONLINE

The American Lung Association offers Freedom From Smoking[®] Online, an 8-week module program for smoking cessation that is available 24/7. Participants go to the website, www.ffsonline.org, register to create a username and password and are then ready to begin the program. Online message boards are available within the site to provide support to those completing the program. This program currently has over 300,000 participants worldwide.

Cost: Free

CONNECTICUT QUITLINE

Connecticut Quitline is a smoking cessation telephone service that provides information and counseling about tobacco use. Callers can phone 1-866-END-HABIT (866-363-4224) Monday thru Sunday, 8:00 a.m. to 12:00 midnight. Written materials are also sent to callers, based on their readiness to quit. Separate materials are available for pregnant women who wish to quit smoking. Callers who are ready to quit smoking and are interested in further telephone based service will receive up to five telephone counseling sessions and a Quit Kit containing informational and supportive materials that help deal with the effects of smoking cessation.

Cost: Free

AMERICAN LUNG ASSOCIATION HELPLINE

The American Lung Association Helpline is a telephone service that provides information about smoking cessation and other lung related issues. Callers can phone 1-800-LUNG-USA (800-586-4872) five days a week from 7:00 a.m. to 9:00 p.m. The helpline assistants consist of Registered Nurses, Respiratory Therapists, or Addiction Counselors and all have been Mayo Clinic trained in smoking cessation. When calls from Connecticut come in, as a courtesy, callers are given information about the Connecticut Quitline. Callers then have the option to contact this group or Lung USA will gladly assist them.

Cost: Free



THE BENEFITS OF QUITTING

When smokers quit

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years. All benefits are lost by smoking just one cigarette a day, according to the American Cancer Society.

20 minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

48 hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

1 to 9 months

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia regrow in lungs increasing ability to handle mucus, clean the lungs, reduce infection
- Body's overall energy increases

10 years

- Lung cancer death rate similar to that of nonsmokers
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

24 hours

- Chance of heart attack decreases

2 weeks to 3 months

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

1 year

- Excess risk of coronary heart disease is half that of a smoker

5 years

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's

15 years

- Risk of coronary heart disease is that of a nonsmoker

The American Cancer Society offers quit smoking programs and literature. For more information, call your American Cancer Society office or visit our website.

24 HOURS A DAY -
7 DAYS A WEEK

1-800-ACS-2345
(800-227-2345)
WWW.CANCER.ORG



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